

Cosmetic Dermatology Center

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Post-Care Instructions for Fillers

- Apply an ice pack following the procedure to reduce swelling. Ice may be applied for 15 minutes at a time, as tolerated, every 30 minutes.
- Avoid massage or manipulation of treated area for 3 to 4 hours.
- Tylenol may be taken following treatment as per manufacturer's instructions. If taken, Ibuprophen and aspirin may increase the chance of bruising.
- Normal Reactions may include:
  - Some visible lumps, which may occur temporarily following injection. If lump persists at one week, make an appointment so that Dr. Hayre can smoothen them.
  - Some swelling, pain, itching, discoloration, bruising or tenderness at the injection site.
- For the first 24 hours following treatment, alcohol, strenuous exercise and sun or heat exposure should be avoided.
- After treatment you should minimize exposure of the treated area to excess sun or UV lamp exposure and extreme cold weather until swelling or redness has gone away.